

Be **ACTIVE** Your Way VA!

2009 Champions' Challenge

March 29, 2009-June 20, 2009

Register Online: www.move.va.gov/challenge.asp



Goal: Complete **150 minutes** or more of moderate intensity physical activity for at least 8 out of 12 weeks during the challenge.

Earn milestone prizes along the way. All participants who complete the challenge will be eligible for entry into a national prize drawing sponsored by Veterans Canteen Service



VA is a proud supporter of the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans.

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2009 Champions' Challenge Instructions

Registration begins: March 29, 2009

Register on-line at:

- www.move.va.gov/challenge.asp
 - **You do not have to use your name to register.**
 - You will need to: Create and enter a username, a password, and provide an email address.
 - Choose the group that best describes you:
 - Employee
 - Veteran
 - Both - if you are a veteran and an employee
 - Other - if you are a non-veteran family member, friend, volunteer, etc.
 - Choose your participating VA facility.
 - Click "**Register**" button.
 - Print your registration certificate. Bring it to your local Veterans Canteen Service (VCS) Retail Store to pick up your prize.
- Registration closes April 30, 2009

Start the challenge

- Your goal is to do at least 150 minutes of moderate-intensity physical activity each week for at least 8 weeks during the Challenge.

Continue the Challenge

- Keep track of your physical activity minutes each week.
- For each week of the challenge, go online to www.move.va.gov/challenge.asp
 - Enter your username and password.
 - Check the box if you completed at least 150 minutes of moderate-intensity physical activity that week.
- After you finish your three-week milestone:
 - Print the certificate and take it to your local VCS Retail Store to pick up your prize.

Finish the Challenge

- Eight week milestone (challenge end):
 - Print the certificate and take it to your local VCS Retail Store to receive your prize and pick up an entry form for a national prize drawing.
 - Complete your National Champions' Challenge entry form and take it to your local VCS Retail Store
- The drawing for the National Champions' Challenge prizes will take place in July 2009.
- You will be informed by phone or email if you win a prize in the national drawing.

PRIZE FLYER

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2009 CHAMPIONS CHALLENGE

March 29, 2009 – June 20, 2009

Registration Prizes

Healthy Snack Pocket Pal

Food Fitness & Fun Bookmark

Walk for Fun, Fitness, & Health Slide Guide

VCS Wise Up Info Card

Tape Measure

VCS Free Beverage Ticket

3 Week Milestone Prize

Rally/Sports Towel

8 Week Milestone Prize – Completion of Challenge

\$10 in VCS Coupons

2009 Champions' Challenge Pin